



Watch for Mindful Menu Selections

Look for our Daily Specials

**...Good Food that Tastes
Great is Your Reason for
Eating Healthy!**

Low-Fat/Calorie Healthier Eating Options

Low Fat Mayo

Low Fat Deli Meats

Items offered Baked/Fried

All Fried Foods Fried in Trans-Fat
Free Oil

Olive Oil Salad Dressings

Low-Fat Frozen Yogurt

100 Calorie Snacking Options

Hours

6:30am-9:00am Breakfast

11:00am-1:30pm Lunch

4:30pm-7:00pm Dinner

Grab & Go Available All Day

Managers

General Manager

Steven R. Hand- ext 1360

Executive Chef

Jason Pyle- ext 1562

Cherokee Menu Line- Dial (FOOD)-
3663



Cherokee Cafe

Week of Monday March 4

Monday

| | | |
|----------|------------------------------------|--------|
| Entree: | Spaghetti & Meat Sauce ☺ | \$2.99 |
| | Orange Glazed Pork Loin | \$2.99 |
| | Suncreek Potatoes with Onions VG ☺ | \$1.49 |
| | Balsamic Roasted Vegetable VG ☺ | \$1.49 |
| | Sliced Carrots VG ☺ | \$1.49 |
| Special: | Chicken Quesadilla | \$5.49 |

Tuesday

| | | |
|----------|----------------------------|--------|
| Entree: | Beef Enchiladas | \$3.99 |
| | Chicken Fajita Tacos ☺ | \$3.99 |
| | Mexican Rice V ☺ | \$1.49 |
| | Sante Fe Black Bean V | \$1.49 |
| | Fresh Broccoli Floret VG ☺ | \$1.49 |
| Mindful: | Balsamic Chicken Pizzetta | \$4.99 |

Wednesday

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|----------|-------------------------------------|--------|
| Entree: | Blackened Tilapia | \$3.99 |
| | Glazed Natural Turkey Breast ☺ | \$2.99 |
| | Steamed Broccoli & Cauliflower VG ☺ | \$1.49 |
| | Steakhouse Spinach V | \$1.49 |
| | Candied Sweet Potatoes V ☺ | \$1.49 |
| Special: | Black & Bleu Salad | \$5.59 |

Thursday

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|----------|------------------------------|-------------|
| Entree: | Tater Tot Casserole | \$2.99 |
| | Buttermilk Fried Chicken | \$2.99/3.99 |
| | Fried Cabbage VG ☺ | \$1.49 |
| | Lima Beans with Smoked Bacon | \$1.49 |
| | Baked Macaroni & Cheese ☺ | \$1.49 |
| Special: | Hotdog & Sausage Bar | \$3.99 |

Friday

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|----------|----------------------------|--------|
| Entree: | Baked Cajun Catfish | \$5.99 |
| | Piri Piri Chicken | \$3.99 |
| | Fresh Vegetable Blend V ☺ | \$1.49 |
| | Yellow Rice (Turmeric) V ☺ | \$1.49 |
| | Greens | \$.99 |
| Special: | Omelet Bar | \$3.99 |

Saturday

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|---------|----------------------------------|--------|
| Entree: | Spaghetti w/Meatsauce | \$2.99 |
| | Green Beans ☺ | \$.99 |
| | Sliced Carrots VG ☺ | \$1.49 |
| | Classic Grilled Chicken Breast ☺ | \$2.79 |
| | Crispy Chicken Tender | \$3.99 |
| | Classic Cheeseburger (1/4 lb) | \$3.19 |

Sunday

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|---------|---|-------------|
| Entree: | Buttermilk Fried Chicken | \$2.99/3.99 |
| | Meatloaf | \$2.99 |
| | Peas and Mushrooms V ☺ | \$1.49 |
| | Corn O'Brien VG ☺ | \$1.49 |
| | Smashed Red Bliss Potatoes with Herbs V | \$1.49 |
| | Steamed Fresh Carrots VG ☺ | \$1.49 |

VG Vegan V Vegetarian ☺ Mindful